

The Rectory
21st July 2020

Dear Family,

This Sunday we can come together to once more meet in our Church building. My thanks go especially to David our Senior Churchwarden for all of his hard work and wisdom in leading us through the very complex and ever changing guidelines and advice from the government and the Church of England. David has worked so hard on our behalf to get us to the point where worshipping God in the building is now possible. From this Sunday onwards we plan to have a Holy Communion or 'Everyone Together' service at 10am in Church each Sunday, Morning Prayer by zoom Wednesday morning at 9.30am, private prayer in the Church on Wednesday (noon till 3pm) and we will continue our prayer time every Saturday at 10.30am by zoom. For those who are not able or ready to join with us on Sunday in the Church there is still the Diocese Holy Communion online at 10am and various other services that are still being offered online.

It is really important that no one feels that one kind of Communion service is better than or inferior to any other. The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ. Over the years I have celebrated 'Spiritual Communion' where people live, in care homes and in hospitals. It is what Jesus has done for us and not what we can do for Him that makes the difference in our lives. To not be able to physically receive the bread or the wine does not preclude anyone from remembering all that Jesus has done for them on the cross and receiving the benefits of Jesus' passion for them. The Church of England form of prayer below (after the Prayer of St Richard of Chichester) offers Christians an opportunity to give thanks for their communion with Jesus, particularly at times when they would ordinarily be

present at the Eucharist. The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Jesus Christ', although we cannot receive the sacrament physically in ourselves.

Stay safe and God bless!

Andrew+

A Church of England prayer for those unable to physically take the bread and wine at Holy Communion

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.

Amen

The Lord bless us,
and preserve us from all evil,
and keep us in eternal life.

Amen.